

WHAT I KNOW NOW...



Live Light, Live Large

Known as the “Quick Shift Deva”, life coach and clutter expert Kate Emmerson reveals her insights into the importance of freeing yourself from the past.



1/ COMPLETE THE PAST I've learnt the importance of living light – it's a spiritual concept about living free from the constraints of the past. Imagine everything you hold onto in your life for all the wrong reasons (people, attitudes, excess “stuff”, pain, illness, being overweight, anger, etc.) is akin to having hundreds of threads of fishing line with lead weights on the end, hanging off your body. They weigh you down and keep you stuck. The empowering definition of clutter is “anything that no longer serves you”. Bring your life up to date and complete anything that holds you back.

2/ LET YOURSELF OFF THE HOOK We're all too hard on ourselves. After making peace with your past and having a compelling future to work towards, you have to be *self-ful*. This means investing honest, nurturing time by taking stock of your life and relationship with yourself. It's not the same as giving up – it's about surrendering, trusting yourself and not beating yourself up when you don't achieve what you feel you “ought” to.

Letting yourself off the hook is about giving up the words: “must”, “should”, “ought”, “have to” or “got to”. Instead, it's about playing in the realm of “choose to”, “willing to”, “want to” and “wish to”.

Start small. Rather than trying to change everything at once, break it into chunks. Think about a 10 percent improvement in one area of life and achieve that before moving onto bigger challenges.

3/ QUIT “EITHER/OR” AND GO FOR “BOTH” We've been taught it's one or the other. Really? This concept boils down to self-belief, deservability and the idea that you can have what you choose in the way that you want it.

Most of us have been brought up to make choices, and choices have consequences. Yet, if you have the courageous conversations with yourself and others about what's really important to you, then you may just be able to find a way forward that incorporates *both*, or several.

4/ TRUST YOUR INSTINCT I can't emphasise this lesson enough. Your instincts always give you the right answer and give off warning lights. Your nasty, mean, nagging and self-deprecating voice will sabotage and turn you away from yourself. It's simply that voice's job to make you doubt yourself – yet your spirit demands that you listen to your gut.

Make a decision based on your gut, find reasons to support it and *move on!* Think back to those things that “went wrong”. Honestly assess if you always knew at the start that that would happen but you simply never listened to yourself.

5/ BE ACCOUNTABLE Even the most successful people achieve great results because they have support and are accountable for the right reasons. Find a support group, a disciplined friend and have a “go-to” person to help you stay on track. Quit trying to do it on your own and then beating yourself up because you feel like a failure. **1**

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